



CELEBRATING  
**100 YEARS**  
OF SAFETY



**Safety starts with me**

## Employee Wellness: Make Healthy Decisions

### Pledge to be safe

NSC is excited to be celebrating 100 Years of Safety, but we couldn't have done it without you!

Your actions make  
a big difference.  
See what others are  
doing to promote  
employee wellness:

*I eat a healthy breakfast to  
prevent unhealthy eating  
and fatigue/unproductivity  
later in the day.*

- Jeffrey of Houston, TX

*I stretch prior to exercising  
to reduce the possibility of  
pulling a muscle.*

- Justin of Bridgton, MO

### Take action

Now it's your turn.  
What will you commit to?  
Create a safety pledge at  
[nsc.org/100years!](http://nsc.org/100years!)

Every day, we're faced with decisions that are crucial for our health. Taking small steps every day to improve general health can have tremendous outcomes on all aspects of our lives.

### Proper use of medication

Overdose deaths from prescription painkillers are reaching epidemic levels. In fact, an estimated 1.2 million emergency room visits in 2009 were related to this issue with people of all ages.

- Never share your medications with someone else
- Store medications in their original containers and keep them up, away and out of sight – particularly from children
- Properly dispose of unwanted medications, especially painkillers, to prevent theft or misuse by others
- If your doctor prescribes you painkillers, be sure to read warning labels carefully and take only as directed

### Eating right

Making slight adjustments to your diet may give you more energy and prevent weight gain or illness.

- Choose lean cuts of meat like sirloin and chicken breast, or opt for plant-based products like beans and soy to add variety to your meal
- Shop smart—pick products that name a whole grain ingredient first on the list
- Use fat-free or low-fat milk on cereal and top baked potatoes with low-fat yogurt instead of sour cream

### Physical activity

Just 30 minutes of exercise a day, five days a week can significantly improve your metabolism and prevent weight gain. Even if you work a sedentary job, there are many ways you can sneak in bouts of physical activity throughout the day.

- If you drive to work, pick a spot further away from the entrance; or, if you live close, make an effort to bike to work
- Use your break time to take a quick walk or climb the stairs
- Take frequent, short breaks to stretch and get your blood flowing

NATIONAL  
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